

# "OVERTHINKING – THE ART OF CREATING PROBLEMS THAT WEREN'T EVEN THERE."

**Identify what causes you to over think.** Is it certain people? situations? Circumstances? Identify your triggers and try and do less of it or limit your time surrounded by it!

**Ask yourself:** Who is this helping? And who is this harming? I was always a HUGE over thinker and these questions always help to ground me and bring me back to the present moment.

**Find an anchor thought or happy place in your mind.** - Think of a memory when you were really happy and felt care free. Close your eyes and take yourself back there in your mind. Feel how it felt to be there, see what you saw, smell what you smelled. If you really can't think of one, create your own! Is there a place that you know you feel calm and happy? Is it a tropical island, a meadow in spring time. Whatever it is for you

**Realise that FEAR is just False Evidence Appearing Real.**

**Ask yourself is this really true?**

**Distract yourself,** what do you know makes you feel better? Going for a run? Listening to happy songs? Reading a book?

**Use a journal!** - This doesn't have to be 'dear diary' kind of a thing! Focus on the positive - write down 3 good things that have happened to you today and 3 things you're grateful for. You may find it helpful to free flow the thoughts you're having just so you can get them out of your head!

**Ask yourself:** Will this matter in a year, a month, a week, tomorrow?

**Practice Mindfulness.** - Mindfulness is all about being in the now so great for stopping over thinking! Try a mindful breathing technique, or take a moment to really look at what is around you, what sounds you can hear, what smells you can smell, how the ground feels under your feet...give it a go!

**Visualise a positive outcome.** - Where your focus goes, energy flows. Close your eyes and visualise a positive outcome to what is worrying you. Really feel it as if it's real. Your brain can't tell the difference so your body will catch up!

**If over thinking affects your sleep** download an app like Dormio or Calm and do a guided sleep meditation until you fall asleep! These apps were game changers for me...and my sleep!

